

Abstrakt diplomové práce

Psychoedukace rodinných příslušníků osob s dlouhodobým duševním onemocněním

Psychoeducation of family members of people with severe mental disorder

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Obor: sociální práce

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Serious mental illness has an impact not only on the quality of life of the mentally ill person but also on his family.

In the near past the family was mainly seen as the one to blame for the mental illness or a cause of stress and relapse. Today the role of the family as a carer and the need to cooperate with the family is emphasised. Professionals are trying to find ways to help relatives to cope with their situation. Families may find support and help in self help organizations, in family therapy or psychoeducation or other family based interventions.

In the theoretical part of this work I shortly described the problematic of deinstitutionalization of psychiatric care, changes in the concept of family as a risk factor for the genesis or progress of mental illness, the role of the family in treatment and rehabilitation, caregiver burden and needs of the family members of people with mental illness. Further I concentrated on family interventions as a method to work with and support the family.

In the practical part of the work, I focused on the needs of family members of a person with mental illness, on their experience with what helps them cope with their difficult situation and on the benefits of psychoeducation for the family members.

The research was conducted in the form of focus groups with relatives of people with mental illness. The data recorded during focus groups were subject to qualitative content analysis.